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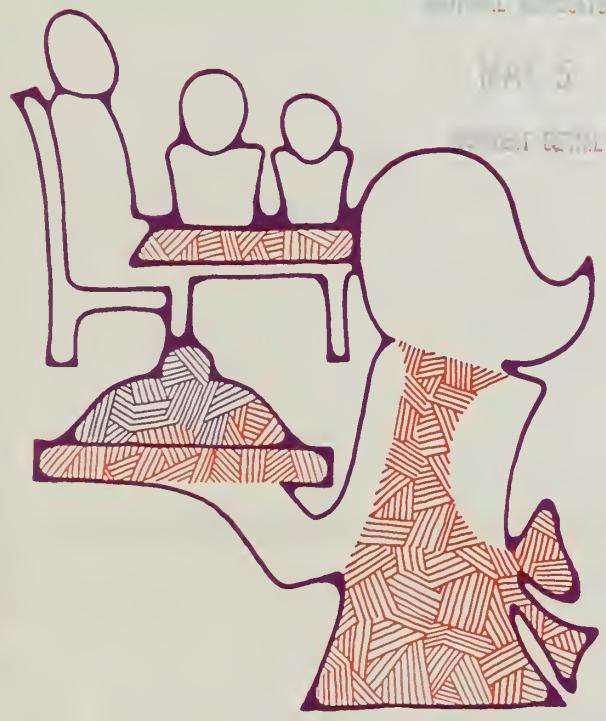
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Food stamps make the difference!



To be strong and healthy, your family must eat the right kind of food. Food stamps can help you buy more of the right kind of food. More and better food will give your family the pep and energy to do a good job. Workers work better. Kids study better.

To eat right, choose right! Each day choose foods from each of these four food groups-

- Milk and foods made with milk
- Fruits and vegetables
- Breads and cereals
- Meat, fish, poultry and eggs

If your income is low, you may not be able to buy enough of the right kind of food. Now, shopping for your family's food can be different **FOOD STAMPS MAKE THE DIFFERENCE!**

THE FOOD STAMP PROGRAM helps you buy more and better food.

Here's how it works-

- You buy food coupons regularly with cash at the food stamp issuance office.
- The food stamp office will add "extra" coupons. How many "extra" or "free" coupons will depend on your own family situation.
- When you get your coupons, you are ready to spend them for food at any store that can take them.



You should see about joining the Food Stamp Program if you-

- work for low wages
- are part-time employed
- unemployed
- on welfare
- get a small Social Security or some other kind of pension check
- live in a city or county that has a Food Stamp Program
- cook your food at home.

To apply for food stamps, take along this information to the food stamp office-

- Rent receipts, house payment book, utility bills
- Proof of ALL income of ALL those in your household (latest pay slips, pay envelopes)
- Bank books or other papers that show any savings
- Proof of medical bills (doctors, hospitals)



THE FOOD STAMP PROGRAM HELPS KEEP AMERICANS HEALTHY. FOR FURTHER INFORMATION TELEPHONE YOUR LOCAL WELFARE OFFICE-

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